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040572 ALCOHOL AND ALCOHOLISM  
2001 VOLUME 36 ISSUE 6  
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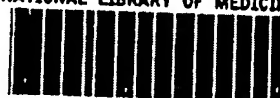
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OXFORD UNIVERSITY PRESS

# ALCOHOL AND ALCOHOLISM

Volume 26 Number 6 November/December 2001

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## CONTENTS

### INVITED COMMENTARY

- Young people and alcohol: an international insight  
M. Plant and P. Miller

513

### RAPID COMMUNICATION

- Taste responses in alcohol-dependent men

A. Bogucka-Bonikowska, A. Scinska, E. Koros, E. Polanowska, B. Habrat, B. Woronowicz, A. Kukwa, W. Kostowski and P. Blenkowski

516

### ORIGINAL ARTICLES

#### *Experimental Studies*

- Increased novelty seeking and decreased harm avoidance in rats showing Type 2-like behaviour following basal forebrain neuronal loss

A. K. Johansson and S. Hansen

520

- Novelty-seeking behaviour and operant oral ethanol self-administration in Wistar rats

P. Blenkowski, E. Koros and W. Kostowski

525

#### *Human Studies*

- Arousal-related P3a to novel auditory stimuli is abolished by a moderately low alcohol dose

K. Marinkovic, E. Halgren and I. Maltzman

529

- A follow-up survey of alcohol consumption and knowledge in medical students

J. E. Granville-Chapman, K. Yu and P. D. White

540

- Naltrexone, a relapse prevention maintenance treatment of alcohol dependence: a meta-analysis of randomized controlled trials

C. Streeton and G. Whelan

544

- A case of Korsakoff's syndrome improved by high doses of donepezil

J.-I. Iga, M. Araki, Y. Ishimoto and T. Ohmori

553

- Correlation between inhibition, working memory and delimited frontal area blood flow measured by <sup>99m</sup>Tc-Bicisate SPECT in alcohol-dependent patients

X. Noël, J. Paternot, M. Van der Linden, R. Sferrazza, M. Verhas, C. Hanak, C. Kornreich, P. Martin, J. De Mol, I. Pelc and P. Verbanck

556

- Female alcoholism: differences between female alcoholics with and without a history of additional substance misuse

J. Hallman, M. Persson and B. af Klinteberg

564

- Plasma levels of beta-endorphin, adrenocorticotrophic hormone and cortisol during early and late alcohol withdrawal

E. Esel, S. Sofuoglu, S. S. Aslan, M. Kula, I. Yabanoglu and M. T. Turan

572

- Age-related differences in the course of alcohol withdrawal in hospitalized patients

M. Wojnar, D. Wasilewski, I. Zmigrodzka and I. Grobel

577

- Temperament and character inventory (TCI) personality profile and sub-typing in alcoholic patients: a controlled study

P. Baslaux, O. le Bon, M. Dramalx, I. Massat, D. Souery, J. Mendlewicz, I. Pelc and P. Verbanck

584

- Alcohol cue-reactivity in heavy and light social drinkers as revealed by event-related potentials

M. J. Herrmann, H.-G. Weljers, G. A. Wiesbeck, J. Böning and A. J. Fallgatter

588

- Diagnosing alcoholism in high-risk drinking drivers: comparing different diagnostic procedures with estimated prevalence of hazardous alcohol use

A. Korzec, M. Bär, M. W. J. Koeter and W. de Kievel

594

- Carbohydrate-deficient transferrin is elevated in catabolic female patients

A. Relf, H. Keller, M. Schneider, S. Kamolz, A. Schmitke and A. J. Fallgatter

603

#### Letter to the Editors

- On intracellular formation of ethanol and its possible role in energy metabolism

A. G. Antoshechkin

608

#### Book Reviews

609

#### Acknowledgement

612

#### Calendar

614

#### Author index

617

#### Subject index

620

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## A CASE OF KORSAKOFF'S SYNDROME IMPROVED BY HIGH DOSES OF DONEPEZIL

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(Received 14 February 2001; in revised form 9 April 2001; accepted 21 May 2001)

**Abstract** — We present a case of Korsakoff's syndrome that was successfully treated with high doses of donepezil, an inhibitor of acetylcholine esterase, known to retard the progress of symptoms in Alzheimer's disease. The patient was a 46-year-old married Japanese woman who began to drink alcohol after she married. After several years of drinking she developed typical symptoms of the Korsakoff syndrome. Donepezil was started after treatment with thiamine or thiamine plus fluvoxamine had failed. Her amnesic symptoms as well as her quality of life improved markedly during donepezil treatment. Inhibition of acetylcholine esterase may be an effective treatment for Korsakoff's syndrome.

### INTRODUCTION

Korsakoff's syndrome is permanent in at least a partial form in perhaps 80% of patients (Davis *et al.*, 1971). The noradrenergic, serotonergic and cholinergic systems have all been implicated in the physiological pathway of the Korsakoff syndrome (McEntee and Mair, 1990). It has been reported that fluvoxamine (Martin *et al.*, 1995) and clonidine (McEntee and Mair, 1980; Mair and McEntee, 1986) both improve the Korsakoff state. In this paper, we present a case of Korsakoff's syndrome that was successfully treated with high doses of donepezil, an inhibitor of acetylcholine esterase, known to retard the symptoms of Alzheimer's disease. There are also reports that donepezil improves memory disturbances due to traumatic brain injury (Taverni *et al.*, 1998; Whitlock, 1999), dementia with Levy bodies (Shea *et al.*, 1998) and vascular dementia (Mendez *et al.*, 1999), but, as far as we could ascertain from an English-language literature search using Pub Med, this is the first report showing the therapeutic effect of the drug in the Korsakoff syndrome.

### CASE REPORT

'Ms A' was a 46-year-old married Japanese woman. She finished a 2-year training course after graduating from Junior High School. She had worked in a petrol station, a hardware shop and a Chinese restaurant. She began to drink occasionally after she married at the age of 23 years, and gave birth to a baby at the age of 36, when she left her job and became a housewife. When she was 40 years of age, she and her family moved to an unfamiliar area in the country, after which she often felt frustrated with just looking after her child and with her social environment, and the amount of alcohol she was drinking increased during this time.

In March 2000, her husband noticed that she was not eating at all. She was hospitalized because of dehydration and weakness. The patient's physical condition improved following rehydration, but her craving for alcohol, her inappropriate behaviour, as well as her severe memory disturbance were

noted. She was transferred to the Department of Psychiatry at the University Hospital of Tokushima 12 days later.

On admission to the University Hospital, a marked retrograde memory loss of about 10 years was observed. The patient claimed to be younger than she really was and denied giving birth to, and caring for, her child, insisting that the child belonged to her elder sister. There was also a marked disturbance of recent memory, disorientation, confabulation, and an indifferent attitude. Neurological examination revealed nystagmus in the right and left gaze, difficulty in standing on one foot bilaterally but no disturbance of co-ordination. Physical examination showed peri-oral erythemas, slight abdominal distention and bilateral pretibial oedema. There was no abnormality of electrocardiogram, electroencephalogram, brain computed tomography or magnetic resonance imaging scans. There was a slight rise of aspartate aminotransferase, alanine aminotransferase, pancytopenia, and low serum albumin levels. The physicians diagnosed compensated cirrhosis and oesophageal varices.

The patient was treated with peroral vitamins (thiamine 200 mg, pyridoxine 200 mg and cyanocobalamin 2 mg/day) from admission and until day 210. Her nystagmus and gait disturbance improved within a week, but the amnesia, disorientation and confabulation did not improve. She complained that her money had been stolen and her belongings were broken and she sometimes quarrelled with other patients. The patient could not take care of her own needs adequately and required constant nursing care.

The patient was given 25 mg/day of fluvoxamine in addition to the vitamin preparation, starting 21 days after admission to the University Hospital (day 21). Fluvoxamine was gradually increased up to 200 mg/day over the next 3 weeks and continued until day 56 without any improvement and was therefore discontinued. A 3 mg/day dose of donepezil was started 7 days later (day 63) and the dosage of donepezil was gradually increased to 15 mg/day. The patient's clinical symptoms were evaluated using the revised Hasegawa dementia scale (HDS-R) (Hasegawa, 1983) and a mini-mental state examination (MMSE) (Folstein *et al.*, 1975) was carried out every week (Fig. 1). The patient did not remember the last examination at all. Thirty-five days later (day 97), she developed insight into her memory disturbance and began to cry when she realized her inability to remember. Her memory

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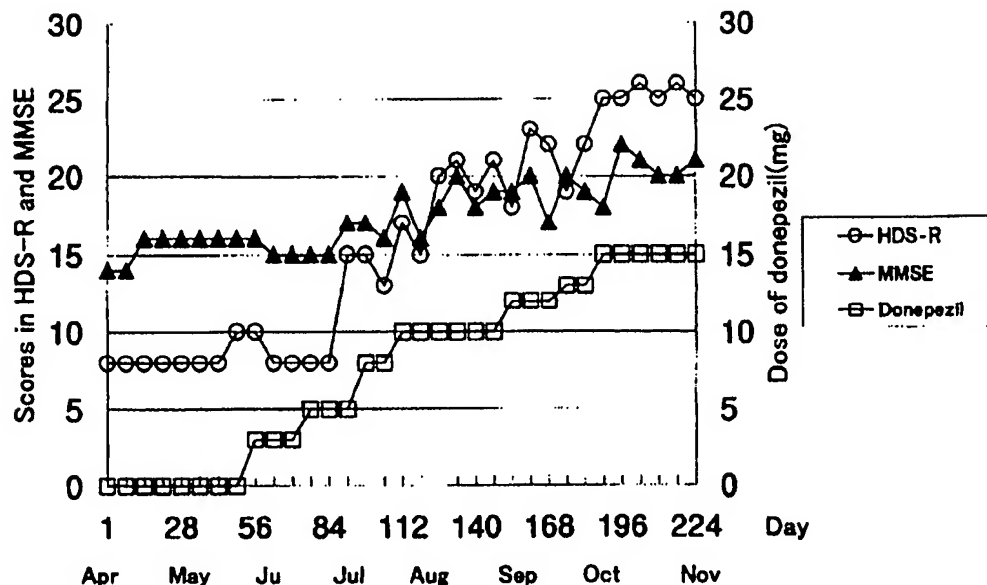


Fig. 1. Revised Hasegawa dementia scale (HDS-R) and mini-mental state examination (MMSE) scores, before and during donepezil treatment. Donepezil improved HDS-R from 8 to 26 and MMSE from 15 to 22.

gradually improved and she remembered her child. She was often seen reading newspapers and magazines. The changes of scores of HDS-R and MMSE are shown in Fig. 1. The nurses' rating scores (KOMI chart) (Hitoie, 1996) for cognitive and behavioural aspects of daily life were 12/75 and 16/75 respectively on admission. The score of cognition and behaviour improved to 56/75 and 47/75 respectively by the end of November 2000 (i.e. on day 231).

Before initiating treatment, we explained to her family the possible effects and side-effects of donepezil and obtained their consent to proceed and publish this case report. In fact no side-effects were observed during treatment.

## DISCUSSION

To our knowledge, this is the first report showing that donepezil is effective in the treatment of the Korsakoff syndrome. The patient was treated with 200 mg/day of peroral thiamine for 21 days without improvement. She was then treated with thiamine plus fluvoxamine for about 35 days (until day 56) but no improvement was seen, contrary to previous reports (Martin *et al.*, 1995). Her symptoms only began to show improvement after donepezil was prescribed. Donepezil improved the HDS-R score from 8 to 26 and the MMSE from 15 to 22. These increased scores were not due to the learning effect after repeated measurements, since the patient did not remember having taken the test the previous week. Moreover, as shown in the change in the nurses' scores for cognitive and behavioural aspects of daily life, the quality of life improved greatly with the improvement of the

HRS-R and MMSE scores. The dosage of donepezil was increased to 15 mg and this dosage is thought to exert the maximum effect on the inhibition of choline esterase (Rogers *et al.*, 1998).

Cholinergic involvement in Korsakoff's syndrome has been suggested. Mayes *et al.* (1988) made morphometric measurements of cholinergic nuclei in the basal forebrains of two cases of Korsakoff's syndrome, the patients having been psychometrically tested while alive and their diagnoses confirmed at post-mortem. In both cases, the post-mortem study showed a decrease in the number or nucleolar volume of magnocellular neurons in the nucleus basalis of Meynert, the major source of cortical acetylcholine. It has also been reported that thiamine deficiency may damage the cholinergic system as a result of a complex interaction between cellular, neurochemical and metabolic properties (Witt, 1985). Moreover, it is reported that cholinergic-rich brain transplants or cholinergic drugs reverse alcohol-induced memory deficits in animals (Arendt *et al.*, 1988; Hodges *et al.*, 1991). Donepezil may improve the amnesic symptoms by activating the cholinergic transmission from the basal forebrain to the cortex. Larger trials are needed to substantiate the safety and efficacy of donepezil for treatment of memory impairment of Korsakoff syndrome.

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